



# CASEL/SOAR® Core Competencies Alignment

	CASEL SKILLS	SOAR SEL CORRELATIONS	
		Lesson #	Lesson Title
Self-Awareness	Identifying emotions	3	How Do I Feel?
	Accurate self-perception	2	Who Am I?
	Recognizing strengths	2	Who Am I?
	Self-confidence	2	Who Am I?
	Self-efficacy	8	How to Set Goals
Self-Management	Impulse control	6	How to Manage Emotions
	Stress management	7	How to Manage Stress & Anxiety
	Self-discipline	6	How to Manage Emotions
	Self-motivation	5	How to Build the "Right" Attitude
	Goal setting	8	How to Set Goals
	Organizational Skills	9	How to Get Organized
Social Awareness	Perspective-taking	10	How Do Others Think & Feel?
	Empathy	10	How Do Others Think & Feel?
	Appreciating diversity	11	Diversity, not Division
	Respect for others	11	Diversity, not Division
Relationship Skills	Communication	13	How to Communicate & Build Relationships
	Social engagement	13	How to Communicate & Build Relationships
	Relationship-building	12	Different Types of Relationships
	Teamwork	13	How to Communicate & Build Relationships
Responsible Decision-Making	Identifying problems	16	How to Make Decisions
	Analyzing situations	16	How to Make Decisions
	Solving problems	16	How to Make Decisions
	Evaluating	16	How to Make Decisions
	Reflecting	16	How to Make Decisions
	Ethical Responsibility	17	Responsibility in the Real World